ABSTRACT OF THE DISCLOSURE

A fireproof composite yarn includes: - flameproof fibers at a quantity of more than 40 percent relative to the total weight of the yarn, the fibers being made of a crystalline or semicrystalline polymeric material; - hydrophilic fibers at a quantity ranging between 10 and 45 percent relative to the weight of the flameproof fibers, the hydrophilic fibers being made of an infusible material; - thermostable fibers at a quantity ranging between 4 and 50 percent relative to the total weight of the yarn, the thermostable fibers being made of a non-flammable material. The invention also relates to a fabric having at least one woven or knitted textile layer made of such a yarn.